

Facets

THE CENTRAL IOWA EXPERIENCE

JANUARY 2016

CAREER WOMEN

FIRE LT. TAPPER ACCIDENTALLY
FOUND THE CAREER SHE LOVES

GOOD FOR SOMETHING

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... OR NOT WITH TASTY RECIPES
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THE CENTRAL IOWA EXPERIENCE

Editor

Margo Niemeyer

Contributors

NICOLE ARNOLD

JULIE ERICKSON

STEPHANIE IVANKOVICH

MARY CLARE LOKKEN

KECIA PLACE-FENCL

KAREN PETERSEN

SARINA RHINEHART

JAN RIGGENBACH

WHITNEY SAGER

KAREN SCHWALLER

Photographers

JULIE ERICKSON

SARINA RHINEHART

KECIA PLACE-FENCL

JAN RIGGENBACH

WHITNEY SAGER

KAREN SCHWALLER



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Publisher

SCOTT ANDERSON

Tribune Editor

MICHAEL CRUMB

ADVERTISERS

To advertise in Facets magazine,
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PHONE

(515) 663-6923

ADDRESS

317 Fifth St. Ames, IA, 50010

EMAIL

mniemeyer@amestrib.com

ONLINE

[www.amestrib.com/sections/
special-sections/facets](http://www.amestrib.com/sections/special-sections/facets)

EDITOR'S NOTE

What do you want to be when you grow up?

Every little girl has her dreams about what she wants to be when she grows up.

At one point I wanted to be a ballerina and a school year later it was a fire fighter. There are just so many options it is hard to choose!

There are many women in our community that make that choice everyday. Some stand out in a crowd, others are there everyday and we don't even know it.

As I was growing up I always knew I could be whatever I chose to be. My parents didn't tell me because I was a girl I had certain limited options. They were always exposing me to different adventures and new things to try.

I worked for my dad for a few summers as a flooring installer's assistant and then worked my way up to installing certain types of flooring on my own — with my own assistant.

As a flooring installer, I often times found myself on new building sites with other contractors such as electricians, plumbers, painters, general construction crews and a few others — most of whom were men.

It was an exciting experience. At first I was the young college-aged 'girl' who worked for her dad. But soon they saw I intended to pull my own

weight, just as the men did working the site.

I am lucky to have the father I have. He would have contractors comment to him about how impressed they were that I was doing the work. He understood the amazement — the weight I was lifting looked to be too much for my build — but it was never any reason for him to treat me any differently than his other employees.

In this issue of Facets you will find many different careers. Most of them, unfortunately might not bring up an image of a female when you first think of them.

I can only speak for myself. At times it takes conscious decisions to put a female in my mind's eye in some positions. Maybe it is because of societal issues, or maybe it is because I rarely see a female in those positions. For example, Lois Powers is the Boone County Landfill administrator. When I think of anything involving the landfill I tend to think of a male trash collector because he is who I have seen, and who I see most often.

The more we work at consciously putting a female in any and all careers when we think or talk about those careers the more natural it will be to assume a woman holds that position.

ON THE COVER: Fire Lt. Karen Tapper has been apart of the Ames Fire Department for the past 16 years, a career path she never imagined pursuing growing up. Photo by Sarina Rhinehart/Ames Tribune

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Living the DREAM

BY KAREN SCHWALLER
Contributing Writer

As a farm wife, when I overhear two guys talking, it's the usual fare of topics that should interest me more than they do, but mostly tend to get me one step closer to being legally pronounced an inanimate object.

I often hear my guys talking about a broad range of issues relating to corn, soybeans, sheep, cows, farm animal poop and issues with the spreader, tractors, combines, planters, field maps, county roads, soil health, technology, taxes, bank loans and what's for supper on Sunday.

(My family might be glad that

"Grandpa" on "Hee-Haw" never answered their question about what's for supper — though once a year there is a jar of pickled herring on our table. Luckily — although the children have never partaken in such a stinky delicacy, they also have not defected from the table, the celebration or the family because of it.)

I once knew a lady who was so bored with the conversation taking place between her husband and another farmer that she picked up the nearest and only reading material there — a calf scour medicine box — and began reading it. She said it was a pivotal day in that she finally nailed the recurring

issue of how to spell "diarrhea."

Not so long ago on a stop at a local farm supply store, I overheard two guys talking. Their brief conversation started out typically, but got me thinking.

One guy said in passing, "How's it going?"

The other one replied, "Oh, just living the dream."

Of course it was said tongue-in-cheek, and also because there is absolutely no new conversation to be had about the weather after all these years, even has hard as farmers, Willard Scott and the Chicago Board of Trade have tried.

For some reason, the second guy's comment seemed very profound.

Living the dream means so many different things to so many different people. Our dreams change from the time we're children until the time we realize we can't do all those big things in one lifetime. They even change long after we've been grown up.

When you're young, all you have is your dreams — and they're all ahead of you, ripening and just waiting to be picked. It's hard to choose one dream at a time.

Sooner or later, life happens. The years go by and sometimes we have followed the path of our original dreams, and sometimes that path has taken a different course. We may not actually be living the dream we thought as children that we'd be living, but the difference lies not in what we are doing, but in the value we give to what we are doing.

If we take any degree of pride in our work, we bring value to it. And because of that it brings value to our lives and the lives of

others who are either receiving the fruits of our labors, or in its simplest form, to those who are watching us, and dreaming of their own 'someday.'

Farm kids who grow up wanting to farm and then get to do that for a living truly are living a wildly risky dream. They are the lucky ones. Even when all the usual problems come along — uncontrollable weather, volatile markets, costly machinery repairs and purchases, tight profit margins and more, they are still lucky enough to say they are living their one and only dream.

Few people get to say that and have it be true for an entire lifetime. It womps when someone can make that happen ... even though those ensuing farm-related conversations can make a farmer's wife or mother glaze over like a convenience store donut.

At least that kind of glaze doesn't have any calories. And that womps, too.

If we take any degree of pride in our work, we bring value to it. And because of that it brings value to our lives and the lives of others who are either receiving the fruits of our labors, or in its simplest form, to those who are watching us, and dreaming of their own 'someday.'





Fire Lt. Karen Tapper has been apart of the Ames Fire Department for the past 16 years, a career path she never imagined pursuing growing up. Photo by Sarina Rhinehart/Ames Tribune

Fire Lt. Tapper accidentally found the career she loves

BY SARINA RHINEHART
Ames Tribune

Fire Lt. Karen Tapper, 36, is one of the more than 50 members of the Ames Fire Department who are out everyday responding to fires, medical emergencies and vehicle accidents, responding to on average of 10 each day.

"A lot of times, if a fire department is doing their job, it doesn't seem like there is any fires in town because we get them put out quickly enough that nobody ever knows that they happened," Tapper said. "I would say this is a department that really operates that way. We kind of fly underneath the radar and it doesn't seem like we do a whole lot, but we are out a lot

and there are a lot of fires. We are just able to stop them at the incipient stage or at a smaller stage that they really don't make the news."

Tapper, who has been with the Ames Fire Department for the past 16 years, offers a unique perspective to the Ames Fire Department as one of only three females on staff.

'Anyone can do anything they want to do. Don't let any job, whether it be a female in construction or if it's a doctor or a lawyer or anything, don't let anything stand in your way. Just do it.'

"What I love the most about my job is being a lieutenant and being able to help the people that I work with figure out what their dreams and goals are and help them achieve them."

Tapper serves as fire lieutenant for Ames Fire Station 3, where when she is on duty, she is in charge of the station's crew.

Growing up in Peoria, Ill., Tapper said she never imagined one day becoming a firefighter. From a young age, she wanted to be an interior designer, which led her to pursue a degree at Iowa State University.

"I loved Ames so much I didn't want to move," Tapper said.

Tapper said she was first introduced to the idea of working for the fire department by a friend who had previously applied for the fire department and was preparing to apply again.

"I told her that 'I'll do that with you,' you know more for moral support than anything else," Tapper said.

In preparation for the interview process, Tapper studied for the written test and took several certification classes.

"It is very physically and mentally challenging," Tapper said. "I just realized how much I loved it and how interesting it was and how great of a career it could actually be. I hate to say it was an accident that I got here, but I'm kind of a firm believer that everything happens for a reason and you get to certain crossroads in your life and the decision that you make is usually the right one for what you need to be doing."

Both Tapper and her friend were hired by the fire department. Her friend eventually left the staff; however, the Ames Fire Department in February hired two new females.

"It is nice having two other females around, and they are doing great, very proud of them," Tapper said.

As for working in a male-dominated industry, Tapper said it's not really that different from other careers.

"It doesn't seem very different to me. It's just kind of what I'm used to," Tapper said. "I've always been treated with a great amount of respect just like everybody else."

For girls who want to become firefighters, Tapper said they shouldn't let anything hold them back from their dream.

"Anyone can do anything they want to do," Tapper said. "Don't let any job, whether it be a female in construction or if it's a doctor or a lawyer or anything, don't let anything stand in your way. Just do it."

Working at the fire station, Tapper said the biggest challenges for females are the physical challenges, especially upper body and core strength.

"So you really have to work on that and keep up with that," Tapper said.

Tapper said she enjoys her job because even on a bad day, her work is rewarding.

"The people is the best part of this job without a doubt, and that's not just the people here but the people that we serve in the community as well," Tapper said.

While Tapper said she likes the station's unique scheduling of working 24 hours then having 48 hours off because it allows her to spend more time at home with her daughter, it makes it hard when her schedule doesn't allow her to spend holidays with family.

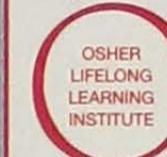
"It seems so petty but missing holidays with family," Tapper said. "That's the hardest on a family. Sometimes it's hard for them to understand. Mom has to be gone Christmas morning when Santa's going to be coming and everything is going to be happening, and mom just isn't there."

Another unique perspective Tapper brings to the department is her

background in interior design. When Station 3 was built, Tapper used her skills to help design the floor layout along with assisting to pick out the building's brick, carpet and paint. She also assisted with remodeling projects at Stations 1 and 2.

Tapper said the Ames Fire Department is always looking for people to apply, a process that includes a written and physical test along with an interview. On average, for every one open position within the department, more than 100 people apply.

"It is really hard to get hired because it is a really sought after job," Tapper said.



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Julie, second from right, not only trains athletes, but has been known to race along side of them on occasion. *Contributed photo*

An active lifestyle is easy to endure with a coach by your side

BY KECIA PLACE-FENCL
Contributing Writer

Julie Kirkpatrick is an endurance coach with Zoom Performance in Clive. She works with athletes training for events such as sprint- or olympic-distance triathlon, Ironman-distance triathlon, mountain bike or cyclocross racing, and long- or

ultra-distance cycling events. Besides writing customized training plans, she also works one-on-one with athletes to improve their technique, build sports-specific strength, develop good recovery and nutrition habits, and build confidence in their abilities.

Q: At what age did you develop the interest in a fitness/coaching career?

A: I never considered a job in the fitness industry until I reached a cross-roads in my college years. I had decided my declared major (Biology) wasn't a good fit for me, so I began exploring other available majors at Iowa State. I wasn't even aware that Exercise and Sport Science, now Kinesiology, was a viable career option, but I made the choice within less than an

hour of hearing about the major, and I never looked back. It turned out to be a perfect match for me!

Q: How long have you been employed in the fitness industry and in what areas have you worked?

A: I have been gathering experience in the fitness industry for nearly 20 years. I started my career as a clinical exercise

Some of my favorite parts of coaching are helping athletes overcome a fear or a hurdle that has held them back for years.



Julie isn't all work; she likes to play too. Contributed photo

physiologist, working in a cardiac rehabilitation setting. Then I joined the Ames Parks and Recreation staff as a group fitness instructor and personal trainer. There I worked primarily with seniors and athletes, but also with a wide variety of people with weight loss goals, special needs, and general fitness aspirations. During my time with Ames Parks and Rec, I also spent a couple of years on the Employee Wellness Staff at DMACC and started coaching triathletes, cyclists, and runners with Zoom Performance.

Q: What does your weekly work schedule look like?

A: I write and review my athletes' training programs and workout reports every week, but other than that one constant, every week is different. In the winter, I meet with athletes to prepare goals and perform testing for the upcoming season. In the spring and summer, we spend a lot of time working on technique and racing. The fall is spent on recovery, review, and maintaining a solid base for the upcoming season.

Q: What is the worst part about your job?

A: It's heart-breaking when an athlete gets injured by something that is out of their control. I've had an athlete get food poisoning two days before an Ironman race, and another athlete break a bone stepping off a curb. When an athlete has a setback like that after months or years of training for an event, it's rough on the coach and athlete alike.

Q: What is the best part about your job?

A: I love witnessing athletes doing something they never dreamed they would accomplish. Seeing the pay-off of years of hard work and sacrifice never gets old.

Q: What keeps you motivated to go to work everyday?

A: My athletes are my motivation. It really is an honor to share these experiences with them — no extra motivation needed!

Q: Describe one coaching experience that made your job so rewarding that you would have done it without pay.

A: Some of my favorite parts of coaching are helping athletes overcome a fear or a hurdle that has held them back for years. I remember helping a beginner athlete conquer a descent just at the edge of her abilities on her mountain bike. She was on cloud nine after that and couldn't quit smiling. Her success in that moment opened up a future with many more opportunities, all because she trusted herself enough to try.

Julie has helped many athletes achieve goals and dreams that once seemed impossible. Visit www.getzoomperformance.com to find out how Julie can help you reach the next level.

Good for Something

Mamie L. Bass, Altrusa's first national president, said "It's not enough to be good. Altrusans must be good for something." That something became service to community.

Altrusa International of Ames, Inc. is celebrating 50 years of service. In 1965 a group of 25 business and professional women chartered this club. After five decades Altrusans of Ames are still making a difference.

2015 was a year of growth and change including Ames' first male member, its first member elected to District Seven office, its first member serving on a district and an international committee, six members attended the international convention, and multiple members attended the district conference.

Following its 27th annual Holiday Home Tour in December, Ames' 37 members look forward to a year of service in 2016 beginning with the Steppin' Out Style Show on March 31. Here are a just few Ames Altrusans.



MARY CLARE LOKKEN



Altrusa International of Ames members left to right front row Sarah Weyer, Carole Jensen, Mary Clare Lokken, Marisue Hartung, Mary Kay Abbott, Danielle Cornwell; second row Jane Jorgensen, Mary Ellen Metzger, Penny Pepper, Jan Hopper, Judy Zunkel, Patricia Schwarz, Susan Bartsch, Glenice Varley, Janet Brimeyer; back row Alice Moore (guest), Sandra Horton (charter member), Kristi Perrin, Anne Clubine, Melanie Cornwell, Deb Fennelly, Mary Wauson, Beth Cheville, Betty Boccella. Contributed photo

CAREER WOMEN

While no charter members are still with us, Mary Kay Abbott has been a member since 1977 serving as president and in many other capacities. Her daughter Melanie Cornwell, also a past president, and granddaughter Danielle make up three generations of Ames Altrusans.

Yours truly is second generation following my mom, Marian Lokken who was a charter member, with a third generation daughter and that new male member is my son-in-law. Having served as president twice some 20 years apart I am honored to be a member for more than 30 years.

Members are from fields as diverse as farmer Jean Hassebroek, former food service manager at ISU Anne Clubine, insurance professional and active Chamber of Commerce board member Jolene Randall, Gilbert cheerleader and retired insurance professional Nancy Long, volunteer coordinator RSVP Betty Boccella (also an in-demand commentator for the style show), and extension service professional Marisue Hartung. These women have served Ames' club as president and continue to lead from behind teaching Altrusa's principles to more recent members.

Current officers are an interesting group as well. President Susan Bartsch is a retired nursing professional, Vice President Penny Pepper is director of University Community Childcare on the ISU campus, accountant Janet Brimeyer is our secretary and Mary Ellen Metzger, food service manager, is treasurer.

Altrusa meets only once a month on the second Tuesday at 6:30 p.m. most of the time at Youth and Shelter Services, 420 Kellogg, Activity Room. But that is one very effective meeting including most times a guest speaker, a business meeting and social time. Typically we are together about two hours.

Two fundraisers a year generate \$10-12,000 for a variety of local projects. The Holiday Home Tour is the first weekend in December when five Ames homeowners share their holiday decorations to benefit our charities. The Steppin' Out Style Show is held in late March or early April including clothing from local stores plus a wide selection of items from local businesses that are raffled or put on silent auction.

Some of Altrusa's earliest projects in 1965

were collecting toys and games for Pammel Preschool. A later project was providing flags for display on Ames streets during patriotic holidays. Altrusa remains active in Ames' annual Memorial Day events and Ames Patriotic Council represented by Melanie Cornwell and Deb Fennelly.

A bazaar and bake sale funded these projects and scholarships. Later on a casino night used gambling with play money to generate funds with local community leaders serving as dealers. The dress for the event was tuxes and formals. Prizes could be purchased with play money won by participants.

The service committee chaired by Mary Mekemson and Alice Moore drives many of Altrusa's goals in a variety of projects. The club sponsors a city garden at Inis Grove Park. They also volunteer to assist the Israel Family Hospice House with gardening.

Another service project is Altrusa's Trick or Treat Project on Halloween at the Ames Public Library providing free books to children as a part of Make a Difference Day. Literacy is an international focus of Altrusa.

Other projects include adopting a room at the ACCESS shelter, adopting a classroom at the Ames Middle School, preparing Totes for Tots, Tweens and Teens when kids leave their homes due to family issues, making scarves for Bliss Cancer Center patients, and preparing Meals from the Heartland.

Betty Boccella and committee presented an unusual and fun membership recruitment event sharing the wedding stories of community women who are from India. In the process Ames Altrusa Club started a pen pal relationship with a club from India. Traditional Indian dancing and food was the highlight of the evening and 11 guests learned more about Altrusa.

Heidi Thompson and Danielle Cornwell as chairs of the communications committee have led the club into the social media world with Facebook and a website in progress. Altrusa.org is the international site. Ames can be emailed at AltrusaofAmes13@gmail.com.

Not all members have been listed but all are an essential part of what Altrusa does — SERVICE. This is not a career but it is a passion of these community members. So when someone asks you what is Altrusa now you'll have answer and appreciation for these folks.

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'There's never any boredom' at the Boone County Landfill

Ability to play a part in caring for the environment has kept Powers at landfill

BY WHITNEY SAGER
Boone News-Republican

Though she has only been the administrator at the Boone County Landfill for the past year and a half, her employment history at the facility located on Boone's southwest side extends back nearly two decades.

Lois Powers, Boone County Landfill administrator, came to the landfill in December 1998 after deciding a job in the Boone County Assessor's Office wasn't for her. Prior to that, she had worked for Hawkeye Federal Savings Bank for 13 years.

To work at the landfill, Powers, along with any other landfill employee, had to go through 25 hours of schooling to become landfill operator certified, as well as 25 hours of schooling for hazardous waste certification.

Over the years, her responsibilities have included everything from handling financials, running the scale and filling out reports for the Department of Natural Resources. She took over as

the administrator of the landfill in September 2014, after the former administrator, Scott Smith, decided to pursue another career path.

When asked what has kept her at the landfill so long, Powers said it has been all the efforts the landfill makes in protecting the environment for future generations.

"I believe in what we do and in taking care of the environment," Powers said.

One of the biggest projects she has been involved in at the landfill is the annual Dragoon River Romp. Each year, more than

100 volunteers remove garbage and dumped items from the Des Moines River that runs through Boone County. Since the program was started in 2006, nearly 30 tons of material have been removed.

She has also seen a number of changes at the landfill, including the start of the facility's hazardous waste storage facility, expansion of the Keep Boone County Beautiful program and the creation of new trash cells.

I believe in what we do and in taking care of the environment.'



Boone County Landfill Administrator Lois Powers converses with Carrie Self, landfill administrative clerk, late last month. Powers said the nine employees at the landfill are "first rate." Photo by Whitney Sager/Boone News-Republican

Powers is in the process of overseeing the construction of the landfill's fourth trash cell. Work on the eight acre cell began in July and is expected to be complete soon. The cell was needed to make room for the approximately 55,000 tons of garbage that is brought to the landfill each year from Boone, Greene and Story counties, as well as cities in Dallas and Calhoun counties.

Thanks to the recycling efforts of the people of Boone County, Powers has seen the amount of garbage collected from within the county decrease.

"Our people are really good with diversion through recycling," Powers said.

Despite what might seem to

be a man's job, Powers is not the only female landfill administrator. She knows of five females who hold the same position as she does and often converses with them about landfill-related topics and issues.

"We share ideas with each other," Powers said.

When it comes to the things she enjoys about her job, Powers said she likes interacting with public and working alongside her fellow employees.

"I like the message we're conveying and being outdoors," Powers said. "There's never any boredom out here."

When Powers is not at the landfill, she can be found taking nature photos and spending time with her five grandchildren.

The Root to Happiness: Trowel and Error

BY JAN RIGGENBACH
Contributing Writer

After decades of garden writing and much longer as a gardener, I'm seeing a new phenomenon. Gardeners and would-be gardeners seem to be losing self-confidence.

Why? I don't know, but I sense that many garden "experts" are taking things too seriously. Perhaps, in their zeal to help, they're making gardening sound too complicated.

Hating the thought that anyone would be frightened away from the enjoyment I find in my own garden, I drew up this Top Ten List of why I think gardening is fun:

10. Does not require a remote control.
9. Has nothing to do with politics.
8. You can blame the weather for anything that goes wrong.
7. Looks enough like work to assure solitude.
6. Legal to exterminate your enemies.
5. Right to bare arms—and bare legs.
4. Allows you to turn your junk into art objects.
3. Does not require fluency in Latin. (I know: Some people will argue that it does. I've killed a lot of plants over the years, but not one because I mispronounced its Latin name.)
2. You can bury your mistakes in the compost pile.

And the No. 1 reason gardening is fun: You won't be arrested for ignoring "the rules."

I once read that the song "My Way," written by Paul Anka and recorded by Frank Sinatra, was an all-time favorite because everyone likes to think "I did it my way." Gardening is one place where you truly can. If it looks good to you, then how can it be wrong? I'd rather see a unique garden than a cookie-cutter landscape that looks like all the others on the block.

Many years ago, the horticulture director at a major Midwest botanic garden told me that his staff moves a plant an average of seven times before they get it in a place where



The dead trunk of a once-prized golden-bark cherry tree turned into unique garden art, welcoming visitors into the secret garden. Photo by Jan Riggenbach

it thrives. I've taken great comfort in that. I've never had to move a plant seven times, and I'll bet you haven't either.

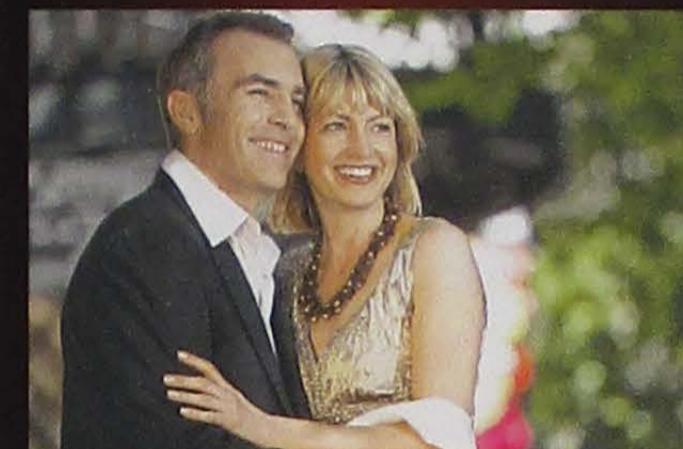
If you're new to gardening, creating a combo in a big container is a great way to gain confidence. With today's beautiful plants, anyone can be an artist, mixing and matching plants for a one-of-a-kind masterpiece. If it doesn't turn out like you envisioned, it's easy to replace a plant or two.

I read in a horticulture trade magazine that DIY (do-it-yourself) has been surpassed by DIFM (do-it-for-me). It makes me sad that so many people are missing the fun.

Even the death of a plant can create fun. When my husband cut down our dead golden-bark cherry tree, a piece of the trunk looked like a little man with outstretched arms. "Stumpy" is now unique garden art, welcoming visitors to our secret garden.

Happy gardening!

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Mayor Campbell, a 'behind-the-scenes player,' celebrates her community

JULIE ERICKSON
Ames Tribune

Becoming mayor was never part of her life plan.

Ann Campbell led a successful career in education for many years but soon, she will be celebrating her 10-year anniversary leading the city of Ames.

After growing up in Iowa and earning a bachelor's degree at Grinnell College, Campbell, 75, lived in a variety of places after graduating, including Northern Thailand, where she taught for a year.

But Campbell said her parents lived in Ames, and she met her husband, Bob, while she was home for Christmas vacation. Campbell was living in Boston at the time, where she earned a Masters degree in teaching at Brown University, and moved to Ames permanently in 1967.

During her time in Ames, she taught at Des Moines Area Community College. But once she began teaching only part-time, Campbell started doing volunteer work in the community, and she became a president of the Iowa Peace Institute and served as a board member for the League of Women Voters, Youth and Shelter Services and Heartland Senior Services.

At that time, Campbell said she was also asked to chair a committee for a project which would eventually become CyRide, the local public transportation system. Campbell said that committee included both Iowa State University staff and city of Ames members, and she "got (her) feet wet that way."

"After dabbling a lot in those volunteer things, I was asked if I would run for city council," she said. "I felt like I had a whale of a lot to learn, and I still do."

But despite any reservations, Campbell became a member of the Ames City Council, and she went on to serve on the



council for 16 years.

Campbell eventually chose not to run for her seat again and thought she had "retired for good."

"For four years in between, I was leading the quiet, retired life," she said.

But when former mayor Ted Tedesco decided not to run for re-election, Campbell was asked by several people to step up.

"I thought I was going to do it for one term," she added with a laugh.

She was inaugurated on Jan. 3, 2006, and was re-elected in 2009 and 2013.

But the position wasn't as daunting as it was for Campbell when she first joined the council. Because of all her acquaintances in the city, she said she felt more comfortable

stepping into the role.

"I had the opportunity to know staff in City Hall and had worked with them. So it wasn't a situation of coming in cold and saying 'Who are these people and what am I doing here?'" she said. "I realize how lucky we are in Ames to have the staff leadership that we do, which makes being a council member or being a mayor much easier than it is in other communities."

And while Campbell said she prefers to be a "behind-the-scenes player" and chooses not to look at personal achievements, that sense of community she felt at City Hall also carried over into any visit she had with other city leaders across the state. Other cities and towns, she said, are consistently impressed by the collaborative community created between Ames and Iowa State University. It's one of the reasons, she added, that she chose to stay in a community like Ames.

"As I travel around the country and meet other mayors, the idea that there's a common bond rather than battle is something I think has served us well," she said. "And it's more than just a matter of all getting along well with each other, but not many communities this size have the ability to draw on the kind of expertise we have from the university."

Campbell said she has more goals than she could count for the city of Ames, and there are a "number of irons on the fire" right now. But for the time being, she said she enjoys the flexibility her job can provide for her to balance her life, which also includes children Brian and Alison, and her grandchildren.

"It provides an opportunity that I wouldn't otherwise have to meet and work with a variety of people, both in the community and in the state," Campbell said. "I come home being quite pleased that I drew the lot of living in Ames."

Every woman has a story; it's not how you tell the story, it's how you live it

There are as many stories about "How I arrived at this point in my career" as there are women. This month and next I will be writing about two women who started their careers in very different ways and today they are both advocating for seniors at Heartland Senior Service.

This month Elizabeth Beck tells her story; her path from single mom to the executive director of Heartland Senior Services.

I wish I could tell people that my life plan is happening exactly the way I planned it. But that would be a lie. Instead, my life has unfolded in a very interesting way. In fact, Mary Catherine Bateson, the daughter of Margaret Mead and Gregory Bateson, wrote a book which I read a long time ago. The book, *Composing a Life*, describes how women's lives are shaped by the experiences through the years. And as each woman ages, she tends to turn, twist, and trim the different parts and pieces of her life as they happen, then weaves them together to make a quilt.... Essentially composing her life.

And, that is exactly what has happened to me. So, as I look back on my five plus years at Heartland Senior Services, which I consider the blending of my personal and professional life, I can see how the different pieces and experiences of my life have brought me to this point.

Probably the most telling experience was coming to Ames in 1972 as a young single mother with two small sons, ages 3 and 7. I came to finish my undergraduate degree, but I found Ames to be a wonderful place to raise my sons. So, I decided to buy a house; a small one, but one I could afford. Even though I had more than enough money to buy the house outright, I did not want to pour such a chunk of my assets into a home for the two years I expected to take to finish a graduate degree. So, I went looking for a



KAREN
PETERSEN

mortgage. This was in 1974, and no bank in Ames would give me, a divorced woman, a loan. I had to have my father come to Ames and go with me to the banks. I was instantly politicized. The next year the laws changed and banks could no longer apply that type of discrimination. That was when I realized that while I was overwhelmed by raising my sons, going to school, and working part-time, there were women who were warriors about changing the laws that affected the treatment of women.

Since then my professional life for over 25 years was working with Honors Students. Ten years ago, I retired from Iowa State as the Director of the University Honors Program. My volunteer work for over 30 years has been with Special Olympics.

Now, I find myself at Heartland Senior Services, initially hired as an interim and placeholder while they searched for a new Executive Director. But, I soon realized that in too many situations, the senior population needed to have people who would speak up, lobby and advocate on their behalf. Like my sons, or the Honors students or the Special Olympians, the senior population is another segmented target group. This group needs an advocate too! And I have stayed at Heartland to be that voice. There are two reasons for my decision to continue to advocate for seniors' needs and the choice to have the best quality of life possible. No. 1 — It is a way for me to pay forward what women activists did 40 years ago for my quality of life, and No. 2 — Because, as a senior myself, I should and I can.

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POLICE

POLICING A RIGHT FIT

BY JULIE ERICKSON
Ames Tribune

For Suzy Owens, law enforcement work has always been in the family.

The 38-year-old Story County resident grew up in what she called a "policing family," so the idea of becoming a detective seemed familiar to her.

Owens has since become a detective at the Ames Police Department, tackling cases throughout the year and leading community initiatives to help victims of sexual assault.

Owens said her career in Ames happened by chance, after she volunteered at the department and held an internship during her time studying psychology, with minors in criminal justice and Spanish, at Iowa State University.



'I see what the victims go through and how they feel with public perception on those cases. Almost every case I have, that's one of the victim's top concerns, is people believing them.'

"They happened to be testing that year and I'd gotten to know a lot of people in the department. So they encouraged me to apply and I was hired," she said. "It was more for the people at that time. I'd gotten to be friends with people in the department and as I did the job, I realized I really enjoyed it."

While Owens originally started working as a patrol officer, the detective position was in rotation when she applied, and she landed the job in 2006. While her role as patrol officer was more fast-paced, Owens said her personality as a "sit back and think type of person" was a better fit for the detective role, where she said she is fascinated by the legal system, reading court cases and creating the strongest cases she can.

Owens volunteered at Youth and Shelter Services briefly and worked at the Story County Jail for a few months, and eventually went on to earn a Master's degree in criminal justice from Simpson College. While she grew up in a small town in Illinois, Owens said she wanted to stay in Ames for her career and her husband, son and daughter.

"As I stayed here, I saw more of a community setting instead of just the university, and I liked it," she said. "I hear a lot of people say Ames has the small-town feel, but the university brings in a lot of diversity that's lacking in a small town. That's really important to me, so I think it makes it unique but it also brings in stuff for your family too."

One of her proudest achievements since joining the Ames department, Owens said, was when she helped introduce the campaign "Start by Believing" to the Ames community. The idea was originally developed by End Violence

Against Women International, and the Ames Police Department and members of the Story County Sexual Assault Response Team (SART) partnered to launch the local version. The campaign serves as a way to raise public awareness on how to improve the community response to sexual assault.

Owens said she attended a meeting about the campaign and thought "the message was so strong and yet so simple," and she said she is still working on spreading the message through several events in the Ames community.

While each detective at the police department handles general cases, Owens said she has grown to become the most passionate about sexual assault cases, and she is continuously working to build the strongest cases she can. But along with her casework, Owens is fighting to remove the fears she said sexual assault victims often have when they come forward to police.

"I see what the victims go through and how they feel with public perception on those cases. Almost every case I have, that's one of the victim's top concerns, is people believing them," she said.

That's where her passion for "Start by Believing" comes in, she said, and she hopes to reach the general public with the campaign's message, "so the jury pool will listen to those facts and keep their biases at home."

"Just supporting a person that's close to you, that's not a hard thing for anyone to do," she said. "It's something I've become passionate about. I feel like as I work more and more, I get stronger at building a good case. It just has kind of slowly developed as my career."

Communicating to solve world hunger

STEPHANIE IVANKOVICH

Perry Chief

After finishing a conference call she walked down the steps of her workplace. Her heels clicked while she was walking across the marble floor to doors leading to a balcony.

As she walked down the stairs of the balcony outside she looked down onto the environmentallyfriendly sand intended to melt ice then headed towards a gated garden. The 25-year-old woman needed to guide a group of men putting Christmas lights in the bushes and trees surrounding the garden.

This was just one of the tasks for Nicole Barreca, Director of Communications and Events for the World Food Prize Hall of Laureates.

The 46,000-square-foot World Food Prize Hall of Laureates is located in downtown Des Moines on Locust Street. Before it became the Hall of Laureates it was the Des Moines Public Library from 1903 to 2006.

The building then stood empty for about three years and went through a nearly \$30 million restoration to become what it is today.

"It was always a cultural center and a place to learn," Barreca said. "It was an art gallery, theater, it had a music hall. It was the library. So when they restored the building they had to keep some of that integrity it's still a cultural center."

The World Food Prize is an award founded by Dr. Borlaug, founder of the Green Revolution.

"He is said to have saved more lives than any other person who has ever lived," Barreca said. "Over a billion lives."



Nicole Barreca is the Director of Communications and Events for the World Food Prize. Barreca has been with the World Food Prize since January of 2012. Contributed photo

Because of that he received the Nobel Peace Prize in 1970.

"He went to the Nobel committee and he asked them to create a prize similar to the Nobel prizes for food and agriculture," she said. "They said sorry it's already set what we do we can't help you. So he created his own. The World Food Prize is the Noble Prize for food and agriculture."

The prize is a quarter million dollars. It goes to someone that helps improve the quality, quantity and availability of food in the world.

They award it every October during a big event in Des Moines.

"In addition to that we have our \$10,000 for someone who is under the age of 40 who has best emulates Dr. Borlaug's work when he was under 40 in the fields of Mexico," she

said. "That person is generally younger under 40 someone who is in the field."

In addition to the two prizes, the World Food Prize Hall of Laureates conducts school tours, has a museum and historical center, is a wedding venue and hosts youth programs.

"Anything that happens in the building or to do with this building I organize but not the youth programs. There's a youth team," Barreca said. "There's a lot going on. I have a lot of binders and folders to keep it organized and then everything on my desk."

She does anything public relations or communications for all of those events. "We have our Hall of Laureates holiday party which is for our staff," Barreca said. "We invite sponsors, legislators and other government officials as a thank you for the

support the entire year. Everyone is invited basically."

The World Food Prize Hall of Laureates also hosts a holiday open house for the public that brings in about 6,000 people.

Barreca begins her work day by grabbing the newspaper, unlocking the building and turning on the lights. She then answers calls and checks her emails. She said she spends a couple hours replying to those, she gets about 100 emails a day.

She said there are so many different facets to her job.

"I love doing the award ceremony in October," she said. "It's really fabulous as I get to help write the script and produce the videos and put together a story about why this person has won the World Food Prize. It's a cool thing to see that come all together in a big show and production. That's only a couple months out

of the year. The rest of it I really like working with all of the volunteers here and the general public and helping them to have their events and different things."

Year round there are 80 volunteers. During the award ceremony in October hundreds of volunteers help put the event together.

She started at the World Food Prize in January of 2012. She was hired full-time in May of that year.

"It's a big job but the nice thing about working in the organization is that you get to be part of all of these different things," Barreca said. "Sometimes in the larger forprofit organizations you're more siloed to an area where you do one, two, three, four all the time. Here you get the opportunity an opportunity to do a lot of different things."

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Keeping your resolution

Smoked Salmon and Avocado Eggs Benedict

BY BONNIE S. BENWICK
Washington Post

Congrats! You're just over the season's first big cooking — or eating — hump. Here's a quick break-fast-for-dinner meal designed to get you in and out of the kitchen faster than you can say "holiday baking holiday decorating holiday shopping." Due to the presence of luscious avocado and a little chipotle charm, lime juice stands in for lemon in the hollandaise-like blender sauce.

You'll need a teaspoon or two of distilled white vinegar for the poaching water; it helps keep the egg white together.

Serve on a tray; eat it warm, with your feet up.

Adapted from "Dinner for Two: Easy and Innovative Recipes for One, Two or a Few," by Julie Wampler (Countryman Press, 2015).

INGREDIENTS

For the sauce
4 tablespoons (1/2 stick) unsalted butter
1 lime

1 large egg
1/4 to 1/2 teaspoon chipotle powder
Water (optional)
For assembly
2 large eggs
2 English muffins, preferably whole-wheat
Flesh of 1 ripe avocado
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
4 ounces thinly sliced smoked salmon

For the sauce: Place the butter in a microwave-safe cup; melt in the microwave on LOW, then let cool for 2 minutes.

Cut the lime in half; squeeze all its juice into a blender, then add the egg and chipotle powder (to taste), pulsing a few times to combine. Remove the knob in the center of the lid. On high speed, gradually pour in the melted butter, pureeing to create a thickened sauce. If it becomes too thick to pour, add water in teaspoon increments as needed. Transfer to a container with a pouring spout, such as a liquid measuring cup.

For assembly: Bring a small saucepan

of water to a boil over medium-high heat, then reduce the heat to medium. (Now's the time to add that distilled white vinegar.)

Crack each egg into its own separate cup. Gently pour each one into the hot water. (Some folks get the water swirling first, but it's not necessary here.) Poach for 2 to 3 minutes, to your desired consistency of egg yolk.

Meanwhile, split the English muffins in half and toast them. Mash the avocado flesh in a medium bowl with the salt and pepper; spread it on all the toasted muffin halves, placing two halves on each plate.

Top the muffin halves with equal amounts of the smoked salmon. Use a slotted spoon to transfer a poached egg, first shaking it gently to let it drain over the saucepan, to one of the smoked-salmon platforms on each plate. Immediately pour half of the sauce over the eggs.

Pass the remaining sauce at the table.

Nutrition | Per serving (using half the sauce): 490 calories, 26 g protein, 30 g carbohydrates, 31 g fat, 11 g saturated fat, 275 mg cholesterol, 1,010 mg sodium, 8 g dietary fiber, 3 g sugar



not Keeping your resolution

Boozy Chocolate Bites

Consider these as a rich-tasting, rugged cousin to the rum ball. They're small, but they pack quite a punch.

MAKE AHEAD: The cookies can be frozen between layers of parchment or wax paper in an airtight container for up to 3 months.

From Cathy Barrow, the author of "Mrs. Wheelbarrow's Practical Pantry: Recipes and Techniques for Year-Round Preserving" (W.W. Norton, 2014).

INGREDIENTS

8 tablespoons (1 stick) unsalted butter
4 ounces bittersweet chocolate, chopped
2 large eggs
1/3 cup packed dark brown sugar
1/4 teaspoon almond extract
1/4 teaspoon kosher salt
1/3 cup (scant 1 1/2 ounces) flour
1/4 cup bourbon
1 to 2 ounces rainbow sprinkles, for garnish
1/2 cup slivered (skinless) almonds, toasted, then finely ground, for garnish (see NOTE)

Preheat the oven to 350 degrees. Line a 9-by-13-inch baking pan with parchment paper.

Combine the butter and chocolate in a heatproof bowl set over a pot with a few inches of barely bubbling water (medium heat). Once they have melted, stir until well combined. Let cool.

Combine the eggs and brown sugar in the bowl of a stand mixer or handheld electric mixer; beat on medium speed for about 2 minutes or until foamy, then add the almond extract and salt. Stop to scrape down the bowl.

By hand, stir in the cooled chocolate-butter mixture, then add the flour and stir just until no dry spots remain. Clean out the mixer bowl; you'll need it again later.

Pour the batter into the lined pan, spreading it evenly into the corners. Bake for 10 to 12 minutes or until a tester inserted into the center of the cookie slab comes out clean.

Turn out the slab as soon as possible, breaking it up into small pieces and placing them in the bowl of a stand mixer or

handheld electric mixer. Add the bourbon; beat on low speed until the mixture comes together in a ball.

Line a baking sheet with parchment paper. Spread out the sprinkles and almonds on separate plates.

Use a teaspoon-size scoop to create 48 equal-size balls of the bourbon cookie mixture. Toss half of the balls into the sprinkles and the other half into the almonds; roll to coat completely, placing the coated balls on the lined baking sheet as you work.

Cover with plastic wrap or aluminum foil; let the cookies age for 24 hours before serving or storing.

NOTE: Toast the almonds in a small, dry skillet over medium-low heat for several minutes, shaking the pan to avoid scorching, until the almonds are fragrant and lightly browned. Cool thoroughly before using.

Nutrition | Per cookie: 40 calories, 0 g protein, 3 g carbohydrates, 3 g fat, 2 g saturated fat, 15 mg cholesterol, 25 mg sodium, 0 g dietary fiber, 2 g sugar

Squash: Spice, roast, slice

BY ELLIE KRIEGER
Washington Post

When acorn squash halves are roasted cut side up, they become edible vessels that collect a

precious tablespoon or two of syrupy juices. In this recipe, that liquid is cinnamon-spiked and put to delicious use: whisked with honey, olive oil and pomegranate

molasses to make a dressing that's ultimately drizzled over the vegetable.

Pomegranate molasses brings a distinctive layer of flavor to the plate. It has the earthy

depth to stand up to the squash, as well as a lip-smacking tartness that plays against the honey. You can find pomegranate molasses in many grocery stores and Mediterranean markets, but if you prefer, you can make your own by cooking down pure pomegranate juice in a saucepan with a little honey until it has reduced to syrupy consistency.

Roasted acorn squash with pumpkin seeds and pomegranate

8 servings

MAKE AHEAD: The roasted squash and dressing can be refrigerated separately for up to 3 days in advance; reheat the squash, covered, in a 300-degree oven until warmed through, then cut into slices and apply the dressing and garnishes.

From nutritionist

and cookbook author Ellie Krieger.

INGREDIENTS

3 acorn squash, halved lengthwise and seeded

1 tablespoon plus 2 teaspoons olive oil

2 tablespoons honey

1/4 teaspoon salt

1/4 teaspoon ground cinnamon

1/4 cup hulled, unsalted pumpkin seeds (pepitas), raw or roasted

1 1/2 teaspoons chopped fresh thyme

1 tablespoon pomegranate molasses

1/3 cup pomegranate seeds (arils; from 1/2 pomegranate)

Preheat the oven to 350 degrees. Rub the cut sides of the squash with 1 tablespoon of the oil, then with the honey. Place the squash halves cut side up in a 9-by-13-inch baking dish.

Sprinkle with the salt and cinnamon; roast for 1 hour, until tender.

Meanwhile, heat the remaining 2 teaspoons of oil in a small skillet over medium-high heat. Stir in the pumpkin seeds and thyme; cook, stirring, until the seeds are aromatic and toasted. Transfer to a plate to cool.

Once the squash is done and cool enough to touch, transfer the liquid that accumulated in each half to a medium bowl.

Cut each roasted squash half into 4 slices, and arrange them on a platter.

Whisk the pomegranate molasses into the reserved juices in the bowl to form a dressing; drizzle it over the squash wedges. Sprinkle with the herbed pumpkin seeds and the pomegranate seeds.

Serve warm or at room temperature.

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CONVIVIAL LEEKS DIJONNAISE

Here, a classic French dish is rethought at the new Convivial, where chef Cedric Maupillier steams and slices the leeks before tossing them with mustard vinaigrette, then shapes the salad into a round cake on the plate. A carpet of fried capers, cornichons, shallots, chopped egg, tiny croutons and microgreens lends color and crunch to the surface.

You'll need a thermometer for monitoring the frying oil.

MAKE AHEAD: The leeks and vinaigrette can be prepped and refrigerated (separately) up to 2 days in advance. Bring to a cool room temperature before serving; you may first need to re-emulsify the vinaigrette. You'll have some vinaigrette left over. The croutons and fried capers can be prepared and kept at room temperature (separately) a day or two in advance.

From Maupillier, chef and co-owner at Convivial in D.C.

INGREDIENTS

For the leeks and vinaigrette
 3 medium leeks (21 ounces total)
 2 1/2 tablespoons Dijon mustard
 1/2 teaspoon thinly sliced garlic
 2 teaspoons kosher salt
 1/4 teaspoon freshly ground black pepper
 1/2 cup canola oil
 3 tablespoons sherry vinegar
 1 1/2 tablespoons water
 For assembly
 2 cups canola oil, for frying
 2 slices white bread (crusts trimmed off), frozen

6 tablespoons capers, plus 1 1/2 tablespoons capers, drained and chopped

Kosher salt

Freshly ground black pepper

2 tablespoons minced shallots

2 1/2 tablespoons finely chopped cornichons

4 hard-cooked eggs, separated into whites and yolks, then finely chopped

3 tablespoons finely chopped chives

6 tablespoons microgreens, preferably mustard (may substitute chervil leaves)

STEPS

For the leeks: Fit a steamer basket over a pot containing several inches of water; bring to a boil over medium-high heat.

Meanwhile, trim off and discard the leeks' root ends and most of their green parts, then cut each leek in half lengthwise, making sure not to slice all the way through. Spread the layers apart and rinse each leek thoroughly under warm water until it's grit-free.

Fit the leeks into the steamer basket; cover and steam for about 8 minutes or until tender. Transfer to a plate to cool at room temperature for at least 20 minutes, then cut the leeks crosswise into 1/2-inch slices.

Combine the mustard, garlic, a teaspoon of salt and all the pepper in a high-powered blender (preferably) or a food processor. On the highest speed, slowly add the oil in a thin stream to form an emulsion.

Once the oil is fully incorporated, reduce the speed to medium; slowly add the vinegar, then the water, and mix until fully incorporated. Transfer to a container, and refrigerate

until ready to use. The yield is 2/3 cup.

For assembly: Heat the oil to 350 degrees in a medium saucepan over medium-high heat. Line a small plate and a large plate with paper towels. Place a fine-mesh strainer over a stainless-steel bowl.

Meanwhile, cut the frozen white bread into 1/4-inch cubes (this is easier to do straight from the freezer). Rinse and drain the 6 tablespoons of whole capers well, then carefully add them to the hot oil. They'll bubble furiously as their water content evaporates; as soon as that stops, the capers should be crisped and light. Use a slotted spoon to transfer them to the small paper-towel-lined plate.

Once the oil returns to 350 degrees, add the bread cubes. Fry for about 5 seconds, moving them about to promote even browning. Immediately pour the croutons and oil into the fine-mesh strainer, letting the oil drain into the bowl below it. Spread the croutons on the larger paper-towel-lined plate, then immediately season lightly with salt and pepper. (The yield is about 3/4 cup.)

When you're ready to serve, combine the leeks with the remaining teaspoon of salt and 2 to 3 tablespoons of the vinaigrette, stirring until well incorporated. Divide the mixture among individual plates, preferably shaping it into even rounds. In order, evenly scatter each portion of leeks with the following ingredients: the croutons, shallots, chopped capers, cornichons, fried capers, egg yolks and egg whites; season lightly with salt and pepper. Top with the chives, then the microgreens.

Begin™ your wellness journey at Hy-Vee.

Each new year brings a sense of new beginnings and the opportunity for a fresh start. Many people take this opportunity to set health and wellness goals. Hy-Vee dietitians offer Begin™, a healthy lifestyle and weight management program for groups and individuals. This program emphasizes eating for good health, weight loss and being physically active. Begin™ is not a "diet" — Begin™ is a plan to help with lifelong wellness. A variety of health and wellness concepts are covered throughout the Begin™ sessions, and each week participants are able to build on the previous weeks' topics. Group discussions, hands-on activities and store tours through the aisles enhance the session topics, which range from portion distortion to physical activity and disease prevention.

One concept that is emphasized throughout the program is the idea of eating regularly throughout the day. Including healthful snacks between meals, which is a great way to increase nutrients that may be lacking in your diet along with helping control portion sizes and food selection at meals. Snacks such as Cuties® clementines and Mighties™ kiwis contain fiber, potassium and

vitamin C, along with many other nutrients. Daisy® cottage cheese is another great snack choice and contains protein and calcium.

The following tips may help you find success in your New Year's resolutions this year:

1. Think S.M.A.R.T. when setting your goals. Goals should be Specific, Measurable, Achievable, Realistic and Time-bound. Be sure to set smaller, short-term goals along with your long-term goals to ensure continued success.
2. Don't go at it alone. Choose a group of people who will provide support to help you achieve your goals. This group may include a spouse or significant other, close friends or coworkers, health and wellness professionals and online social groups.
3. Develop a schedule that works for you. Set aside time for meal planning and exercise to be sure they don't get overlooked at the end of a busy day.

Contact your Ames dietitians who offer the Begin™ program and other health and wellness services near you, visit Hy-Vee.com. To get you started, try this great, delicious recipe for Easy Red Wine Vinaigrette to help cut back those traditional salad dressings.

EASY RED WINE VINAIGRETTE

Serves 6 (2 tablespoons each).

All you need:

1/3 cup red-wine vinegar
1 1/2 teaspoon Dijon mustard
1 small clove garlic, minced
3/4 teaspoon kosher salt
1/2 teaspoon ground pepper
1/2 cup extra-virgin olive oil

All you do:

1. Whisk vinegar, mustard, garlic, salt and pepper in a medium bowl.
2. Whisk in oil in a slow steady stream until emulsified.

To make ahead: Cover and refrigerate for up to 3 days; bring to room temperature just before serving.

Nutrition Facts per serving: 172 calories, 19g fat, 3g saturated fat, 0mg cholesterol, 190mg sodium, 0g carbohydrates, 0g fiber, 0g sugars, 0g protein.

Source: Eating Well, Inc.

The information is not intended as medical advice. Please consult a medical professional for individual advice. Nicole Arnold represents Hy-Vee as a nutrition expert working throughout the community to promote healthy eating and nutrition. Nicole is a Registered and Licensed Dietitian Nutritionist, ACE certified personal trainer and member of the Academy of Nutrition and Dietetics.

Tuna and pasta skillet pie makes an easy one-pot meal

BY LINDA GASSENHEIMER
Tribune News Service

Skillet pie filled with tuna and pasta is a quick one-pot dinner for this very busy time of year.

Markets are crowded during holiday time. Keep these ingredients on hand and you can make dinner without facing the crowds.

Diced or chopped frozen onion and green peppers, sliced baby 'bello mushrooms and a good bottled pasta sauce are other time-savers for this recipe.

Ground chipotle powder found in the spice section of the market adds a smoky flavor. Chipotle powder can also spice up most other foods: salad dressings, vegetables, potatoes, rice and meats.

The pasta is cooked in the skillet with the other ingredients. Fresh pasta is best for this dish. You can find it in the supermarket. If using a dried pasta, increase the cooking time to 15 minutes and add 1/2 cup pasta sauce and 1/2 cup water to the recipe.

Helpful Hints:

- Any type of shredded cheese can be used for the topping.
- Any type of pasta sauce can be used.
- Any type of mushrooms can be used.

TUNA SKILLET PIE

Recipe by Linda Gassenheimer.

2 teaspoons canola oil
1 cup chopped or diced frozen onion
1 cup chopped or diced frozen green pepper
1/4 teaspoon chipotle powder

1 cup pasta sauce
1 cup water
1/4 pound fresh linguine
1 cup sliced baby portobello mushrooms
12 ounces white meat tuna packed in water

Salt

1 cup reduced-fat shredded cheddar cheese
Heat oil in a large nonstick skillet over medium-high heat. Add onion, green bell pepper, chipotle powder, pasta sauce and water. Bring to simmer, add pasta and cook gently 5 minutes. Add mushrooms and tuna, breaking tuna into small pieces with a spoon. Simmer 3 minutes. Add salt to taste. Sprinkle with cheese. Cover with lid and let sit 2 to 3 minutes to melt cheese. Bring skillet to table, cut pasta in wedges and serve.

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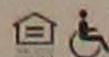


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Seven Oaks Recreation, photo courtesy of Seven Oaks Recreation

■ AMES CONVENTION & VISITORS BUREAU Winter Wonderland Fun!

Snow Day? Grab your winter gear for a full day of fun, frost and flurries! There is plenty to do, inside and out, when Mother Nature creates a winter wonderland!



Seven Oaks Recreation: Head out to Boone and spend the day at Seven Oaks Recreation, where you can ski, snowboard, and tube. If you don't have any gear at home, don't worry! Seven Oaks offers ski and snowboard rentals for all ages. Glide down the 11 different runs varying from beginner to expert and enjoy the winter scenery. Bring on the snow!
www.sevenoaksrec.com



Ice Skating: Practice your figure skating skills at the Ames/ISU Ice Arena. The arena is home to the Iowa State University Cyclones Men's and Women's Hockey Teams and ISU Synchronized Skating Team!
www.cityofames.org



51st Annual Madrigal Dinner: Step out of the snowy weather and into a candlelit 17th-century banquet hall, filled with the ambiance of a festive Renaissance English court. A royal banquet with dancers, jesters, and musicians to entertain you! Presented by the Iowa State University Department of Music. (January 15 & 16) www.music.iastate.edu



ArtWalk – In From the Cold, Art to Warm Your Way: Join University Museums for a 'mostly' indoor tour of selections from the Art on Campus Collection in spaces that are sure to keep you warm on a wintery day. (February 10)
www.museums.iastate.edu



Della Viti & Games: Grab some friends and head over to Della Viti for a game night with wine! Della Viti is Iowa's first self-serve wine bar where you can choose from 48 different wines in 12 Napa Technology WineStations. Choose between a taste, a half glass, or a full (5 ounce) pour and feel free to try as many as your heart desires. Enjoy an evening warming up with delicious wine while chatting with friends and playing an exciting board game. You won't even notice the snow falling outside! www.dellavitiames.com

 **Perfect Games:** Take cover from the wintery winds at Perfect Games! Ames and Iowa State's favorite place to play with 24 lanes of bowling, two floor laser tag arena, arcade, restaurant and sports bar, with three monster 10 foot big screens to watch the big game! You'll have no problem staying warm in this entertainment hotspot.

www.perfectgamesinc.com

 **Ice Fishing:** Love to fish? Well don't let the winter weather stop you! Head over to Ada Hayden Heritage Park or Hickory Grove Park where you can do a little ice fishing! www.cityofames.org

 **Cross Country Skiing & Snow Shoeing:** Grab your skis and snow shoes and head out to McFarland Park or Hickory Grove Park where you can walk the trails and enjoy the outdoors during this winter wonderland. www.mycountyparks.com

 **Creative Spirits:** Paint, Sip... Create! Bring your friends, relax and amaze yourself! Creative Spirits artists will guide you through the step by step process of recreating one of their original works of art. Take your masterpiece home and find a spot for it on your walls so you can remember the great memories you made while creating this beautiful work of art! www.creativespiritsames.com



Creative Spirits, photo courtesy of Creative Spirits



Perfect Games, photo courtesy of Perfect Games

 **Year Round Beauty at Reiman Gardens:** Turn the winter blues into tropical green! Warm up in the living gardens that are always changing, adapting, and evolving with the seasons. Family Movies in the Gardens, Winter Photography Class, Crafty Cocktail Night, Floral Design Series, and the Christina Reiman Butterfly Wing are just a few of the activities you can enjoy at Reiman Gardens this season. www.reimangardens.com

 **Dollar Days on Main Street:** Head down to the Ames Main Street Cultural District for January Dollar Days, where you can find amazing deals at the fun and unique shops on Main Street! The sales begin January 28 thru January 30. www.amesdowntown.org

 **IN the MU:** Get out of the cold and get inside for warm family fun at the Iowa State Memorial Union, the hub of arts and entertainment on campus! Enjoy live music for all ages at the Maintenance Shop, movies with Cyclone Cinema, Varieties (ISU student talent show), get crafty at The Workspace, or get your game on with CyBowl and Billiards. www.sub.iastate.edu; www.mu.iastate.edu

 **Coffee & Hot Cocoa in Campustown:** From one end of the Campustown District to the other, there is plenty of coffee and hot cocoa (and bakery treats, too!) to warm you up on a snowy day. Be sure to check out Arcadia Bakery, Dunkin' Donuts, Stomping Grounds Café, Starbucks, and Café Beaudelaire, for a cozy place to take a break. www.amescampustown.com

These are just a few events and activites that are perfect to do during a snow day. For a full list of things to **DO, EAT, and SHOP** in Ames and the surrounding community, check out our event calendar at www.visitames.com.



Stomping Grounds Cafe Coffee, photo courtesy of Stomping Grounds Cafe

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BEGIN with Your Ames **HyVee** Dietitians

West Ames Dietitian
Nicole Arnold, RD, LD
515-292-5543
narnold@hy-vee.com
3800 Lincoln Way
Ames, IA 50014



Lincoln Center Dietitian
Amy Clark, RD, LD
515-450-0508
aclark@hy-vee.com
640 Lincoln Way
Ames, IA 50010